

# English Muffin with Sunflower Seed Butter

1 SERVING 5 MINUTES



## INGREDIENTS

2 tbsps Sunflower Seed Butter  
2 ozs English Muffin (halved, toasted)

## DIRECTIONS

- 01 Spread the sunflower seed butter evenly overtop the English muffin slices.  
Enjoy!

## NUTRITION

### AMOUNT PER SERVING

|          |     |         |     |
|----------|-----|---------|-----|
| Calories | 297 | Carbs   | 35g |
| Fat      | 19g | Protein | 9g  |